

Healthy Skin Depends On Kidneys

The skin and the intestines, which work together with the kidneys to throw out the poisons of the body, do a part of the work, but a clean body and a healthy one depends on the kidneys. If the kidneys are clogged with toxic poisons you suffer from stiffness in the knees in the morning on arising, your joints seem "rusty," you may have rheumatic pains, pain in the back, stiff neck, headaches, sometimes swollen feet, or neuralgic pains—all due to the uric acid or toxic poisons in the blood. This is the time to go to the nearest drug store and simply obtain a 50c. package of Anuric (double or triple strength), the discovery of Dr. Pierce of Buffalo, N. Y. Then drink a cup of hot water before meals, with an Anuric Tablet, and notice the gratifying results. You will find Anuric more active than lithia.

Mothers, Advice for You!

Cleveland, Ohio.—"Dr. Pierce's Favorite Prescription helped me so much during pregnancy. I was so nauseated that I couldn't eat and I became very weak and miserable. Then my sister advised me to take 'Favorite Prescription' and the first few doses made me feel like a different woman. I was so strong and well all the time and my baby was a healthy 10½-lb. boy. This medicine has been used by other members of my family and with just as splendid results. We are always enthusiastic in recommending Pierce's Favorite Prescription to expectant mothers."—MRS. M. MFAD-DEN, 3272 E. 93d St., Suite 4.

Favorite Prescription has been a favorite with women for nearly fifty years because it contains no alcohol or any narcotic. It is put up in both liquid and tablets and is to be found in any drug store, or send Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., \$1.00 for tablets.

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE"
\$3 \$3.50 \$4 \$4.50 \$5 \$6 \$7 & \$8 FOR MEN
Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wear protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.



W. L. Douglas
President of W. L. Douglas Shoe Co.,
185 Spark St., Brockton, Mass.

The Reason of It.

"So he's an author. What a poor carriage he has!"
"No wonder. He's a hack writer."

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Baseball in Sculpture.

One of the attendants at an art gallery is a baseball enthusiast, a fact he generally manages to conceal there, though it did come out once.

One afternoon a director came bustling into the room where this attendant was at the time and demanded:

"How is it that Shakespeare's statue is standing on the pedestal marked Scott?"

"Well, sir, answered the attendant, 'he must have got his base on an error.'"

The Result.

"Had a fine speeding auto trip?"
"I should say so! Nothing else but fines!"

Only One "BROMO QUININE"
To get the genuine, call for full name LAXATIVE BROMO QUININE. Look for signature of W. W. GROVE. Cures a Cold in One Day. 2c.

Wolfe's Sash to a Museum.

A new and valued addition has just been made to the museum of the Chateau de Ramezay. It consists of a cabinet containing a portion of the garnet silk sash worn by Gen. James Wolfe on the day he became the "Victor of Quebec" in 1759. In addition to the sash are the original letters that prove unmistakably the authenticity of the relic.—Montreal Star.

In hunting dangerous game, don't shake the bushes to scare the quarry.

You Can Make Excellent Cake With Fewer Eggs

Just use an additional quantity of Royal Baking Powder, about a teaspoon, in place of each egg omitted.

This applies equally well to nearly all baked foods. Try the following recipe according to the new way:

CREAM LAYER CAKE

Old Way	New Way
1 cup sugar	1 cup sugar
½ cup milk	½ cup milk
2 cups flour	2 cups flour
2 teaspoons Royal Baking Powder	4 teaspoons Royal Baking Powder
3 eggs	1 egg
½ cup shortening	2 tablespoons shortening
1 teaspoon flavoring	1 teaspoon flavoring

Makes 1 Large 2-Layer Cake

DIRECTIONS—Cream the sugar and shortening together, then mix in the egg. After sifting the flour and Royal Baking Powder together, two or three times, add it all to the mixture. Gradually add the milk and beat with spoon until you have a smooth batter. Add the flavoring. Pour into greased layer cake tins and bake in a moderately hot oven for twenty minutes. This cake is best baked in two layers. Put together with cream filling and spread with white icing.

Booklet of recipes which economize in eggs and other expensive ingredients mailed free.
Address ROYAL BAKING POWDER CO., 125 William St., New York

ROYAL BAKING POWDER

made from Cream of Tartar, derived from Grapes
No Alum No Phosphate
No Bitter Taste

Canada Offers 160 Acres Free to Farm Hands

Bonus of Western Canada Land to Men Assisting in Maintaining Needed Grain Production

The demand for farm labor in Canada is great. As an inducement to secure the necessary help at once, Canada will give

ONE HUNDRED AND SIXTY ACRES OF LAND FREE AS A HOMESTEAD

and allow the time of the farm laborer, who has filed on the land, to apply as residence duties, the same as if he actually had lived on it. Another special concession is the reduction of one year in the time to complete duties. Two years instead of three as heretofore, but only to men working on the farms for at least six months in 1917. This appeal for farm help is in no way connected with enlistment for military service but solely to increase agricultural output. A wonderful opportunity to secure a farm and draw good wages at the same time. Canadian Government will pay all fare over one cent per mile from St. Paul or Duluth to Canadian destination. Information as to low railway rates may be had on application to

W. S. NETHERY, Room 52, Interurban Sta. Bldg., Columbus, O.
Canadian Government Agent

Ten Minute Classics

Famous Tales and Legends Told in Brief Form

Don Quixote and the Chain Gang

By J. W. MULLER

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Throughout all Spanish-speaking countries there is being observed this three hundredth year of the death of Don Miguel de Cervantes Saavedra, the author of "Don Quixote de la Mancha." Much as other races prize this work, they cannot realize how the men of Spanish blood view it. It is infinitely precious to them, almost holy. Throughout the Spanish Americas, from Cuba to the end of South America, the stranger who knows "Don Quixote" will find eager responsiveness everywhere, from the wattle hut of a peon to the palace of a sugar or cattle king. The story offered here is from Book III.

One morning Don Quixote and his faithful squire Sancho Panza beheld 12 men on the road walking in a long row. This row was held coyly together by a long chain, so that the gentlemen looked neatly like beads on a string.

The chivalrous warrior naturally spurred at once to aid these mortals in distress, since the books of chivalry that had put a crack into his worthy brain had taught him that knights always did so without asking too many questions.

There were armed guards with the string of beads and they did not receive him too effusively. Still, as is the good custom in polite Spain, they permitted the chivalrous to stand still while Don Quixote rode along the line and spoke to the fettered pedestrians.

"I am chained up for being violently in love," the first man in the row confided to the knight. "Indeed, I embraced the object of my affections so passionately that the police hardly could tear me away. Unfortunately this frantic love affair was with a basket of linen. So they gave me soft treatment with the lash and now I am on my way to serve for three years as an element dasher."

"What is that?" asked the Don, whose reading of knight errantry books had acquainted him with only the most poetic and flowery language, and not with the simple, chaste phrases of the chain-gang.

"He means that he is going to be a galley slave," said the beads, with roars of laughter.

The second galley slave in the row would not reply at all to Don Quixote's inquiry, but another rogue answered for him with generous heartiness. "He is a canny bird. He is with us because he sang too much!"

"Is it possible," cried the generous knight, "that men are sent to the galleys for singing?"

"Indeed, they are, when they sing in anguish," answered the rogue.

"I cannot unfold your riddle," ventured the simple warrior.

"Sir," said a guard, "they call this fellow a bird that sang in anguish because he confessed on the rack."

"And now he mopes," said another, "because they all jeer at him for not having the courage to deny, since it is no more painful to say, 'no' under the torture than 'yes.' And I think they are somewhat in the right."

"What did you do?" asked Don Quixote of the next man.

"For want of twelve five ducats," answered he, "I must mow the great meadow for five years."

Don Quixote inferred that "mowing the great meadow" meant to row with galley-sweeps over the pleasant blue Mediterranean. "And all that for ten ducats?" he murmured. "I would give twenty with all my heart to deliver you."

"Thank you for nothing," retorted the gentleman. "It is like offering a man mustard after he has eaten all the meat. You might as well give your ducats to a starving man at sea."

As the knight still lamented over the iniquity of sentencing a man to five years in the galleys for a mere lack of ten ducats, the galley slave condescended to instruct him. "With ten ducats," he explained, "I could have greased the court's palms. Enough. I say no more, but go along like a dog on a string."

The tales of all the other prisoners were equally edifying. Don Quixote recognized that they were not innocent lambs; yet, on the whole, he thought that much might be said for them as well as against them. Therefore he turned to the guards and demanded that they unlock the chains.

"Let them answer for their sins in another world," said he.

"Take your empty pate about its own business!" responded the leader with great impoliteness. "Those who play with cats will get scratched."

This insolence from one whom the chivalry romances would have referred to as a "cattif," so infuriated the warrior that he charged. The fellow, taken by surprise, tumbled head over heels and Don Quixote's horse, Rosinante, by a miracle did not fall down as it usually did after one of these knightly charges.

The prisoners promptly attacked the other guards and engaged them so well that Sancho Panza, who was always ready for brave deeds that did not involve fighting, danger or other similar

risks, managed to secure the keys and unlock the chains.

The guards decided that good heels were better just then than many pairs of hands. As soon as they had fled, Don Quixote barred the ex-prisoners' road and demanded that they go with their chains on their shoulders to present themselves to his lady and give her an exact account of his achievements.

"To expect this of us," said the biggest galley slave, "is to expect pears from elm trees."

He winked at his fellows and picked up a stone. They fell back to right and left and sent such a shower of minerals at Don Quixote that his shield was no protection, and he tumbled to the ground where his armor kept him effectively pinned fast, while poor Rosinante quivered in anguish as the stones drummed on her bony sides.

The grateful band sprang on the knight and stripped him. They took everything except his stockings, and they would have taken these, too, had it not been for the iron leg-armor, which they could not remove.

Sancho Panza, being unprotected by ironmongery of any kind, was easier to skin. When they went away, he had nothing left except his hide.

The knight and his squire looked dolefully around. Sancho Panza's donkey, Dapple, stood in melancholy reflection, hanging his charming head pensively and still shaking his ears in evident dread, as if stones still whizzed around him. Rosinante, weary of the world, had fallen down and seemed immersed in hopeless gloom.

"I have always heard it said," sighed Don Quixote, "that to do a kindness to the unworthy is like carrying water into the sea."

"Don Quixote" was written to ridicule not true knighthood nor the true deeds and ideals of the golden days of chivalry, but to exhibit and parody the falsehood and stupid, mawkish sentimentality of the books that had been written on the model of "Amadis of Gaul." Knighthood and chivalry already had disappeared. It was the driving non-sense of the romances that were being written about this past epoch that aroused the wrath of Cervantes.

He, himself, would have been the last of men to ridicule the profession of arms or anything that called for courage or clean honor; for Miguel de Cervantes Saavedra himself was a soldier and had a career as wildly romantic as that of any knight.

TWO STORIES OF THE STUMP

Occasional Flashes of Humor That Enliven the Dry Work of a Political Campaign.

Two good campaign stories are going the rounds of congress, says the St. Louis Republic, both at the expense of Ohioans who were chairmen of partisan meetings held in the Buckeye state. Former President Taft was the victim of the first presiding officer who, impressed by the importance of his job, made the usual tiresome introductory speech.

The audience was about to stampede when the chairman, having reached a high rate of speed, rushed into the field of historical parallels. He chose for one illustration that moth-eaten tale about the little drummer who was ordered by his general to get out his drum and beat a retreat.

"But the brave little drummer boy—did he obey?" roared the speaker. "No, he did not. He said to his general, 'Sir, my drum knows no retreat. Let me beat you a charge, such a charge as has never been made before. Let us beat it; let me beat it.'"

"All right, beat it, beat it," came a roar from the audience. And the chairman, it is chronicled, did.

In another part of the campaign, Nick Longworth, really an able statesman, although forever damned to fame as the son-in-law of an ex-president, was the star performer and was to be introduced by some pompous person of local importance. The pompous one went through an unctuous hand-rubbing performance and declared to the crowd:

"It affords me so much pleasure, my dear fellow townsmen, to be here on this platform and to talk to so many of my friends."

Whereupon a laconic person in the gallery yelled:

"Name one."

A New Wrinkle in Fans.

An addition to the ordinary electric fan is an arrangement by which it may be made to supply perfume to the room. The spokes of the fan wheel are of a fine wire screening and they whirl through a small tank of perfumed water, placed at the base of the wheel. If desired a disinfectant may be substituted for the perfume in the water. Thus the city living room may be given the tang of the pine woods, the spicy perfume of the tropics or the salt breath of the sea.

A Medicine for Women

For Forty Years Lydia E. Pinkham's Vegetable Compound has Relieved the Sufferings of Women.

It hardly seems possible that there is a woman in this country who continues to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, proving beyond contradiction that this grand old medicine has relieved more suffering among women than any other medicine in the world.

Mrs. Kieso Cured After Seven Month's Illness.



Aurora, Ill.—"For seven long months I suffered from a female trouble, with severe pains in my back and sides until I became so weak I could hardly walk from chair to chair, and got so nervous I would jump at the slightest noise. I was entirely unfit to do my house work, I was giving up hope of ever being well, when my sister asked me to try Lydia E. Pinkham's Vegetable Compound. I took six bottles and today I am a healthy woman able to do my own housework. I wish every suffering woman would try Lydia E. Pinkham's Vegetable Compound, and find out for herself how good it is."—MRS. KARL A. KIESO, 596 North Ave., Aurora, Ill.

Could Hardly Get Off Her Bed.

Cincinnati, Ohio.—"I want you to know the good Lydia E. Pinkham's Vegetable Compound has done for me. I was in such bad health from female troubles that I could hardly get off my bed. I had been doctoring for a long time and my mother said, 'I want you to try Lydia E. Pinkham's Vegetable Compound.' So I did, and it has certainly made me a well woman. I am able to do my house work and am so happy as I never expected to go around the way I do again, and I want others to know what Lydia E. Pinkham's Vegetable Compound has done for me."—MRS. JOSIE CORNER, 1668 Harrison Ave., Fairmount, Cincinnati, Ohio.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Though you are bound to love your enemy, you are not bound to put your sword in his hand.

BOSCHEE'S GERMAN SYRUP

Why take ordinary cough remedies when Boschee's German Syrup has been used for fifty-one years in all towns in the United States, Canada, Australia, and other countries, for coughs, bronchitis, colds settled in the throat, especially lung trouble. It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning, giving nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health, assisted by pure air and sunshine when possible. Trial size 25c, and 75c family size. Sold in all towns in the United States, Canada, Australia, and other countries.—Adv.

A Lucky Bullet.

Hussar declares that there is no mascot to compare with the bullet with which a man has been wounded. "At the Battle of the Marne," he says, "I was struck by a bullet which lodged in my right thigh without doing much damage. When it was extracted I drilled a hole through it, and suspended it by a string from my neck. And although I have been through dozens of fierce battles since then, including the hottest fights on the Somme, and have seen my comrades fall in hundreds, I have come through them all without a scratch, thanks, I firmly believe, to my bullet mascot."—Tit-Bits.

Customer Had Change Coming.

A man bearing a small basket of potatoes on his arm went into a grocery store to make a purchase. He could not produce enough change by 5 cents and, handing the clerk a medium-sized potato, started out. The clerk called to him, saying: "You have forgotten your change," and walking back to a sack, picked out two lima beans and passed them to the customer.—Cleveland Plain Dealer.

The Reason.

"The young officer you introduced to me appeared to be blue."
"Naturally. He is a sub marine."

Of Course.

"How is a floating debt paid?"
"It is liquidated, I suppose."

Still at It.

"They kept company a long time before they were married, didn't they?"
"Yes, and they've kept company most of the time since. Her relations seem bound to live on them."

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the

Signature of *Dr. J. C. Fletcher* in Use for Over 30 Years.

Children Cry for Fletcher's Castoria

Getting Around a Difficulty.

Automobile manufacturers of the United States do not purpose allowing a serious matter, such as railway traffic congestion, to interfere with their business, if they can help it. When the big freight train first began to look formidable, automobile makers faced a prospective loss running into many millions of dollars, because, apparently, they could not secure deliveries. Not until then did it occur to them that, if an automobile was worth anything at all, it should be able to deliver itself. And now what is known to the trade as the "drive-away" has been inaugurated. The cars leave the factory and arrive at their destination under their own power. A drove of 62 cars was recently sent from Cleveland to Chicago in this way. It is expected that the "drive-away" will become a fashionable thing during the coming summer.—Christian Science Monitor.

Futile Strategy.

Bridget had proved to be all that a servant should be in regard to her duties, but, unfortunately, her energies never seemed to extend to keeping her own face clean.

Her mistress desired to tell her to wash her snuffy countenance, but, not wanting to offend such a treasure, she resorted to strategy.

"Do you know, Bridget, she remarked in a confidential manner, 'if you wash your face in hot, soapy water it will make you beautiful?'"

"Sure, an' it's a wonder ye never tried it yerself, m'm'am," was Bridget's surprising answer.

Explained.

"My daughter, don't use powder on your face so much. It is so loud."
"But, pa, this is noiseless powder."

There's a good way
to keep growing boys and girls
healthy and happy and that is
to give them

Grape-Nuts

for breakfast.

This wonderfully nourishing
food has a sweet, nutty flavor that
makes it popular with children.

One of the few sweet foods
that does not harm digestion, but
builds them strong and bright.

At grocers everywhere.

